



Mental Health support

The Life Rooms

Are you a parent? Do you need any help or support Pathways Support Service can help. Call them on **0151 478 6556** (Liverpool), **01704 383 198** (Sefton) or email liferooms.support@merseycare.nhs.uk

CAMHS Crisis Care @ Alder Hey

Our crisis team supports under 18s in Liverpool & Sefton needing urgent advice & support with their mental health. We're now operating 24 hours a day, 7 days a week. Don't hesitate, call us today: **0151 293 3577 & 08081 963 550**.

Kooth

Kooth is an online mental health and wellbeing community. Free, safe and anonymous support for children and young people aged 10-25 in Liverpool. A member of the Liverpool CAMHS Partnership. www.kooth.com

YPAS Liverpool

Providing mental health and emotional wellbeing services for Liverpool's children, young people and families www.ypas.org.uk
support@ypas.org.uk Tel: **0151 707 1025**

HOPELINEUK

If you are having thoughts of suicide or are concerned for a young person who might be you can contact HOPELINEUK for confidential support and practical advice.

<https://www.papyrus-uk.org/hopelineuk/>

Call: [0800 068 4141](tel:08000684141) Text: [07860039967](tel:07860039967)

General Information for parents and families

<https://www.thelivewelldirectory.com/>